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<u>Abstract</u>

The invention concerns a method (200) or (300) and system (100) for performing a trick mode on a video signal containing a plurality of progressively scanned original pictures. The method (200) includes the steps of: selectively repeating (214) at least one of the original pictures to convert the video signal to a trick mode video signal in response to a trick mode command; and the step of selectively inserting (216) at least one dummy predictive picture in the trick mode video signal. In addition, the method (300) can include the step of monitoring (316) the trick mode video signal so that the dummy predictive picture is selectively inserted when the bit rate exceeds a predetermined threshold. Certain pictures in the trick mode video signal can also be modified (220) (328) to reflect an intended display order.